

## Claims

1. A method of stimulating a muscle, comprising applying a stimulating signal to a user wearing a garment that includes an electrode configured to apply the signal.
2. The method of claim 1, wherein applying the signal further includes applying the signal to the user in contact with a garment comprising a glove.
3. The method of claim 1, wherein applying the signal further includes applying the signal to the user in contact with a garment comprising a vest.
4. The method of claim 1, wherein applying the signal further includes applying the signal to a user in contact with at least one garment selected from a list consisting of: a glove, a uniform, a shoe, a sock, a vest, a sleeve, a shirt, a hat, a helmet, a brace, a suspender, eye wear, a pad, jewelry, a watch and pants.
5. The method of claim 1, wherein applying the signal further includes applying the signal to the user while the user moves while wearing the garment.

6. The method of claim 1, wherein applying the signal further includes applying a signal comprising a resonant sequence that includes at least three pulses, and wherein the pulses of the resonant sequence are spaced relative to one another such that each pulse subsequent to a first pulse in the sequence is effective to progressively stimulate and create tension in a musculature that includes the muscle inwardly from the electrodes and towards the center of the musculature while maintaining the tension created in at least a portion of the musculature by each preceding pulse in the resonant sequence.

7. An apparatus for stimulating a muscle, comprising:
- a wearable item;
- a stimulator in communication with the wearable item
- configured to produce a signal for transcutaneous delivery to the muscle,
8. The apparatus of claim 7, wherein the signal is delivered as the user moves the moveable instrument.
9. The apparatus of claim 7, wherein the wearable item includes an electrode configured to deliver the signal from the stimulator.
10. The apparatus of claim 7, wherein the wearable item comprises a glove.
11. The apparatus of claim 7, wherein the wearable item is selected from a group consisting of: a glove, a uniform, a shoe, a sock, a vest, a sleeve, a shirt, a hat, a helmet, a brace, a suspender, eye wear, a pad, jewelry, a watch and pants.
12. The apparatus of claim 7, wherein the application of the signal is affected by input from an input device selected from a group that consists of: a button, a switch, a motion sensor, a voice sensor and a dial.